



City of Delta Culture & Recreation

August/September '09

Activity Guide



Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

YOUTH

- **ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol. A variety of dates available on Tuesday, September 15 or October 6 from 4:30 - 9:00 PM. Cost is \$30 or \$75 if court mandated. Pre-registration is required 48 hours in advance or until class is filled.
- **KIDS IN MOTION** - An activity for 3-5 year olds, this class on movement is fun and lively. **Now on Wednesdays.** Wednesday, August 19 and 26 from 9:00 - 9:45 AM. Cost is \$3 per date.
- **MUSIC AND MOVEMENT** - Great class to get your child exposed to music, singing and rhythm and percussion instruments with dance activities and games as well. On Thursdays, September 10 - October 1. Session 1: Preschoolers and Kindergartners (ages 4 and 5) from 10:00 - 10:45 AM. Session 2: Primary grades 1 and 2 (ages 6 and 7) from 11:00 - 11:45 AM. Cost is \$30 and space is limited so please register by September 4.

LEISURE

- **COMMUNITY EVENING DANCES** - Friday, August 14 and Saturday, October 3 from 7:00 - 10:00 PM. Cost is \$4 at the door. Please bring a snack to share.
- **DOG OBEDIENCE** - A 6 week class on learning basic obedience skills held in Confluence Park. Wednesdays, September 2 - October 7 from 6:30 - 7:30 PM. Cost is \$50. Register by August 31.
- **HANDGUN SAFETY** - Register early for this class due to limited space. Saturday, September 26 from 9:00 AM - 4:00 PM. Cost is \$50.
- **AARP DRIVERS SAFETY** - Monday and Tuesday, October 5 and 6 from 8:30 AM - 12:30 PM. Cost is \$12 for AARP members or \$14 for a non member.
- **STAR PARTY** - Presented by Black Canyon Astronomical Society. Learn about the solar system, planets, galaxies and how to observe them on Fridays, August 21 and September 25 at 8:00 PM. Free, but please pre-register.
- **CONVERSATIONAL SPANISH** - Learn popular phrases and greetings to assist you in everyday life and travels on Mondays September 14 - October 12 (5 weeks) from 6:00 - 8:00 PM. Cost is \$50. Register by September 9.
- **GONDOLA RIDE IN TELLURIDE** - Tuesday, September 22 from 8:00 AM - 6:00 PM. Cost is \$20 and meals are on your own. Registration deadline is September 16.
- **GATEWAY GETAWAY** - Trip to Gateway and then lunch at the Paradox Grille on Tuesday, October 20 from 10:00 AM - 5:00 PM. Cost is \$10 which includes transportation. Lunch and entrance to the car museum is your own cost. Register by October 14.
- **HOLIDAY CRAFT FAIR CALL FOR VENDORS** Reserve your spot now for Annual Craft Fair at Bill Heddles Rec. Center on Saturday, December 5 from 9:00 AM - 3:00 PM. **Handcrafted items only!** Booth space is \$30 per space.
- **INTRODUCTION TO JIN SHIN ACUPRESSURE** Monday, September 14 from 6:30 - 9:00 PM. Cost is \$35 plus \$5 book fee payable to instructor of class.

- **CANYONLANDS BY NIGHT BOAT TOUR** - Thursday, October 8 and Friday, October 9. Bus leaves at 10:00 AM on Thursday and returns on Friday afternoon. Cost is \$190 which includes transportation, picnic lunch, dinner, boat tour and motel. Fee does not include Friday breakfast or lunch. Deadline for registration is September 23 to meet minimum numbers.
- **WISH CRAFT ~ TEAM WORK IN A NUTSHELL** Based on a book by Barbara Sher to learn to get support of a Success Team on Saturday, October 3 from 1:00 - 3:00 PM. Cost is \$35.
- **HIGH TOUCH JIN SHIN ACUPRESSURE PRACTITIONER LEVEL WORKSHOP** - Come learn from Edith Johnson PhD LPC, a practitioner level Jin Shin Acupressure. Part I Workshop is Friday/Saturday/Sunday, September 25 - 27. Part II Workshop is Friday/Saturday/Sunday, October 9 - 11. Times are Friday, 6:30 - 9:30 PM; Saturday, 8:30 AM - 4:00 PM and Sunday, 9:00 AM - 3:00 PM. Cost is \$205 for each workshop plus a \$45 fee for books and materials. Please register in advance.

SPORTS

- **FAMILY NIGHTS** - Thursdays from 6:30 - 9:30 PM and Saturdays from 5:30 - 8:30 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children.
- **YOUTH FLAG FOOTBALL** - For boys and girls grades K-4. Register until August 30. Games start in October. K-2nd grades play on Tuesday/Thursday, 3rd and 4th grades play on Monday/Wednesday. Cost is \$35. If registration is after August 30 there is a \$10 late fee.
- **ANNUAL PUNT, PASS AND KICK COMPETITION** - Event is open to boys and girls ages 8/9, 10/11, 12/13 and 14/15 (age as of December 31, 2009.) Event is Saturday, September 12 at Confluence Fields. Register the day of event by 4:00 PM.
- **3 ON 3 BASKETBALL LEAGUE** - Open league and over 50 league. Form your teams and register by August 28. First games begin Wednesday evenings September 9. Cost is \$60 per team.
- **BLIND DRAW DOUBLES RACQUETBALL TOURNAMENT** - (Open A, B players only). Players sign up individually and are bracketed with a partner drawn out of a hat. Sunday, September 27 starting at 8:00 AM. Cost is \$20. Register by September 16.
- **FALL RACQUETBALL LEAGUE** - Two divisions, A/B and C/D. Players are required to play one game per week. League starts in November. Registration deadline is October 26. Cost is \$15 per player. Prizes for 1st and 2nd in each division.
- **RACQUETBALL TOURNAMENT (C, D AND NOVICE PLAYERS)** - Saturday, October 17 and Sunday, October 18 if needed. Cost is \$20. Register by October 7.

AQUATICS

- **OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at noon.
- **FALL MORNING LESSONS** - Parent/tot level 1 only. Monday/Wednesday/Friday, September 14 - 25 from 9:00 - 9:40 AM. Cost is \$35. Register now!

~ ~ FITNESS PROGRAMS ~ ~

Lainie Boyden, Fitness Coordinator

BOXING FOR KIDS

Learn the correct techniques and discipline of real boxing. Saturdays from 10:00 AM thru Noon. **Cost is \$5 drop in fee weekly.**

HATHA YOGA CLASS

Instructed by Dea Jacobson RYT. Wednesdays, from 5:30 - 6:45 PM. **Cost is \$10 drop in fee weekly through August.**

TEAM KIDS

Unique fitness workout for kids - keep your kids moving! For grades 3 - 6 on Tuesdays and Thursdays, September 15 - October 8 from 4:30 - 5:15 PM. Pre-register by September 9. **Cost is \$40**

TEAM TRAINING

Designed for the intermediate or advanced exerciser, this class is unlike any other class we offer. Each workout is instructed by two certified instructors.

Monday, September 14 - Friday, October 9

Monday, Wednesday and Friday • Noon - 1:00 PM • Intermediate
Monday, Wednesday • 4:30 - 5:30 PM • Advanced

Cost is \$40 for two classes per week • \$45 for three classes per week
Please pre-register for each session.

BODY COMPOSITION ANALYSIS

Learn your weight, body mass index, body fat, fat free mass, basal metabolic rate, total body water and your recommended weight. Set up an appointment with the fitness department. **Cost is \$5.**

BOXING FOR FITNESS

Learn the correct techniques of real boxing during this high intensity cardio circuit class. Hanging bags, speed bags and punch mitts will be targets to jab, cross punch, hook and uppercut.

Class #1 • Fridays • September 4 - 25 • 6:00 - 6:50 PM

Cost is \$25 (includes a pair of fist wraps)

Pre-register by August 28

Class #2 • Monday/Wednesday • September 14 - October 7 • 7:00 - 8:00 PM

Cost is \$45 (includes a pair of fist wraps)

Pre-register by September 8.

FITNESS WORKSHOPS

#1: Nutrition For Your Health • Tuesday, September 15 • 5:00 - 7:00 PM

#2: Exercise for Your Health • Tuesday, September 22 • 5:00 - 7:00 PM

#3: Health Related Depression and Difficult Emotions

Tuesday, September 29 • 5:00 - 7:00 PM

Cost is \$5/person

FITNESS CLASSES

We offer over 20 fitness classes which are included with your daily admission. Please drop by the Recreation Center and pick up a class schedule.

Limited lap lanes in summer due to Swim Lessons and Swim Teams.

Please see Spring/Summer Pool Schedule posted at Recreation Center front desk for designated times.

Please remember: Children ages 5 and younger **MUST** have someone 16 years or older **IN** the water, actively supervising them. Children ages 6 and 7 must have someone 16 years or older in the pool area with them.

• **LIFE GUARD TRAINING CLASS** - Would you like to be a lifeguard? Certification class on Monday - Thursday, August 17 - 20 from 8:00 AM - 5:00 PM. **Evening class also!** August 18, 20 and September 1, 3, 8, 10 from 5:30 - 9:30 PM. Cost is \$100.

• **COMMUNITY FIRST AID/CPR CLASS** - Red Cross certification in CPR and First Aid on Saturday, August 22 from 8:00 AM - 5:00 PM. Cost is \$50. Please pre-register a week before class date.

• **FALL PUBLIC SWIM LESSONS** - Registration for level 1 - 4 swim lessons begins August 1 - September 7. Lessons are Monday/Wednesday, September 14 - October 21 (no classes October 12 and 14 - fall school break), from 6:00 - 6:40 PM. Cost is \$35.

• **HOME SCHOOL SWIM LESSONS** - Registration going on now... limited space so register early. Session dates are October 19 - November 18, Monday/Wednesday from 2:00 - 2:40 PM. Cost is \$35

• **DISCOVER SCUBA** - Interested? Team up with the Rec. Center and Adventure Sports in this class on Saturday, October 24 from 9:00 - 11:00 AM. Cost is \$65 and space is limited.

Discover Water Fitness
For your body, your health, your life!

Monday, Wednesday, Friday

8:30 AM
Cardio Crazy
9:30 AM
Splashrobics
10:30 AM
Form Focus

Tuesday, Thursday

9:00 AM
Deep Benefits
10:30 AM
Fun Form Focus
5:30 PM
Deep Benefits

Saturday

9:00 AM
Deep Benefits

WE'LL SHOW YOU HOW EASY IT IS



Bill Heddles Recreation Center
530 Gunnison River Drive • Delta, CO 81416 • 970.874.0923

Hours of Operation

Monday-Friday	6:00am - 9:30pm
Saturday	8:00am - 8:30pm
Sunday	12:00pm - 5:30pm